

CORNELL NOTE-TAKING METHOD (see also example on p.2)

CUES

- Main ideas
- Questions that connect points
- Questions for clarification
- Prompts to help you study

WHEN:
After class, during review

NOTES

Record the lecture here, using:

- Use concise sentences
- Short hand symbols
- Abbreviations
- Lists
- Use lots of space between points
- Diagrams

WHEN:
During class

SUMMARY

- Top level main ideas
- For quick reference
- In full sentences, in your own words

WHEN: After class during review.

Example of Cornell Note-Taking Method

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Source: Templeton University

URL: <http://www.temple.edu/rcc/NoteTaking/cornellnotetakingmethod.htm>

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Psych. 105 - Prof. Martin - Sept. 14 (Mon.)	
MEMORY	
How do psychologists account for remembering?	Memory tricky - Can recall instantly many trivial things of childhood, yet forget things recently worked hard to learn & retain.
What's a "memory trace"?	Memory Trace
There are three memory systems - sensory, short-term and long term?	<ul style="list-style-type: none">• Fact that we retain information means that some change was made in the brain.• Change called "memory trace."• "Trace" probably a molecular arrangement similar to molecular changes in a magnetic recording tape.
How long does sensory memory retain information?	
How is information transferred to STM?	
What are the retention times of STM?	Three memory systems: sensory, short term, long term.
The capacity of the STM is 7 items?	1. Sensory (lasts one second) <ul style="list-style-type: none">• Ex. Words or numbers sent to brain by sight (visual image) start to disintegrate within a few tenths of a second & gone in one full second unless quickly transferred to S-T memory by verbal repetition.
How to hold information in STM - rehearse.	
What are the retention times of LTM?	1. Short-term memory (STM) (lasts 30 seconds) <ul style="list-style-type: none">• Experiments show: a syllable of 3 letters remembered 50% of the time after 3 seconds. Totally forgotten end of 30 seconds.• S-T memory - limited capacity - holds average of 7 items.• More than 7 items - jettisons some to make room.• To hold items in STM, must rehearse - must hear sound of words internally or externally.
What are the six ways to transfer information from ST to LTM?	1. Long-Term memory [LTM] (lasts a lifetime or short time) <ul style="list-style-type: none">• Transfer fact or idea by<ul style="list-style-type: none">• Associating w/information already in LTM• Organizing information into meaningful units.• Understanding by comparing & making relationships.• Frameworking - fit pieces in like a jigsaw puzzle.• Reorganizing - combining new & old into a new unit.• Rehearsing - aloud to keep memory trace strong.

Three kinds of memory systems are sensory, which retains information for about 1 second; short-term, which retains for a maximum of 30 seconds; and long-term, which varies from a lifetime of retention to a relatively short time.

The six ways (activities) to transfer information to the long-term memory are associating, organizing, understanding, frameworking, reorganizing, and rehearsing.